You're listening to, you've got this episode 277. Welcome to you've. Got this, a weekly podcast for higher education professionals looking to increase their confidence and capacity for juggling the day-to-day demands of an academic. I'm your host, Dr. Katie Linder on this episode, I want to talk about my plans to get moving in the month of March, because I have to say in February, I kind of completely fell off my exercise routine.

There was so much going on at work, and I found myself to be so low energy. It was really challenging for me to get moving. And I'm sure part of this too, was, uh, the darkness of winter that was extremely cold outside. We had some really, um, kind of cold cold days here in Denver and it was just not motivating for me to move.

I really just wanted to curl up with a book and a cup of tea and a blanket and hibernate a little bit, but now that the days are getting lighter and they're also getting a little bit warmer in my part of the world, uh, it is time. It is time to get back to this. So I want to talk a little bit about why this is going to be a focus for me in March.

And then I also want to talk a little bit about the how, because I think that sometimes when you're trying to get back into a set of routines or habits, it can be a little bit challenging to think about how to do that. And I definitely want to be careful not to do kind of an all or nothing approach.

And so I want to talk through how I'm going to kind of get back to this set of routines. So first, let me talk a little bit about the why. So one of the things that I noticed in February when I was not getting in regular exercise, and for me, that's typically, um, a walk in the morning, um, maybe some yoga as well, and I was not really able to.

Here's what I noticed. I was starting to get so sore in my body, my neck and shoulders, my back, my hips. And I think a lot of this is because I was just sitting at my desk a lot during this month. And I wasn't necessarily getting in any kind of like deep stretching or movement that was really feeling like.

Um, I was able to, to just kind of, uh, loosen things up, like everything just kind of kept tightening and tightening and tightening and, um, that does not feel great in my body. And so I'm really wanting to get back to a place where I feel a little bit more limber and, um, uh, just like relaxed. I think that part of the exercise routines that I do are meant to be kind of relaxing and meditative.

And so, um, that's something I really want to get back. The other thing I noticed too in February was I wasn't feeling as rested. And I think that part of this is because exercise can really contribute to better sleep. And, um, I also feel like sometimes when you expend energy for exercise, you get more energy back.

Like it's not just depleting. Um, but it is additive to the energy that you bring into your day. And I wasn't really having that. Like, I, I ended up having like a different sleep routine than I normally have. I was, I'm still getting up pretty early in the morning, but I just didn't feel like I had a lot of energy to do exercise and morning is really my key exercise time because otherwise I just typically don't do it.

Um, and I know that about myself. I know that my willpower at the end of the day is pretty depleted from just making a lot of decisions throughout the day. And, uh, doing a lot of like focused cognitive work throughout the day. I don't have. Uh, of willpower left in the evenings to do any kind of workout.

And the other thing that I really noticed too about February is I definitely think in January I had kind of the, um, energy boost from coming into a new year, but I was also remote working during the entire month of January, which gave me more time in terms of my commute schedule to actually do exercise either at the beginning or the end of the day.

And I did feel like I was kind of preserving more energy. In February, that was not the case because I did start to go back to working in the office and it really cuts into, um, usually like 30 to 45 minutes of my morning and evening routine. Um, because of the commute. Now I can work around that, but it's something that I'm just kind of noticing whenever you have changes in habits or routines, or you kind of fall off something, I always want to know why, what was it that really caused this to.

Uh, fell off that I, I, I'm not able to do it in the same way that I was before. And I definitely think it has to do with that shift in my commute. So that's a little bit behind the why I want to feel a little bit better in my body. I want to make sure I'm feeling rested and energized as we head into kind of this final month of quarter one.

And, um, let me talk a little bit about the, how that I want to do this this month. And I'm hoping that some of these strategies and I'm going to use might also be useful for you as well. If you're thinking about trying to get back into a habit of routine. Now, I have certain kinds of, uh, like benchmarks that I try to hit when it comes to movement and exercise and things like that.

One of them is 10,000 steps a day, which is one of my annual goals is to walk 10,000 steps a day more than, uh, like more than half the days. I am intentionally not setting that goal for the month of March, because I feel like, you know, some days when I look at my, my steps count, you know, for February, there were some days I didn't even hit a thousand steps.

I mean, it was really like, I would go straight to my desk. I would be there most of the day, I would get up to go to the bathroom a couple of times, and then I would go home and sit and read. Um, so I know that I was like really low in terms of what I was trying to do on the step count days. And I don't want to go from that to.

10,000 steps a day every day. Like it's just not reasonable for me to think that I'm going to be able to do that. I really want to ease back in to this kind of movement practice. So what I'm thinking is rather than kind of that all or nothing approach where it's like, well, if I'm not going to hit 10,000 steps and it doesn't matter, I would like to incrementally work myself back up to a more regular and consistent and higher step count.

But not necessarily the one that is 10,000 steps a day. And I think that what I'm going to aim for is somewhere between 3000 and 6,000 steps a day on a consistent basis. And then if I do have extra time, like the weekends would be a great example of this, I would be able to go to a higher step count or more mileage in terms of like taking a nice long walk, um, on the weekends.

And this is something that I was doing, you know, earlier in the year. And it worked really well. So that is one thing that I want to do. And I do think it's just incredibly important when we're kind of getting back into these routines to not set ourselves up for disappointment right away. And I think that even as I record this, um, this is the first day of March, um, which is why I wanted to, to get this episode out this week to talk about my plans.

Um, and I'm already looking at my schedule today and thinking like, when can I get. You know, movement and, and it's going to be a little bit challenging for me to do that. And so part of, I think having like reasonable goals is that you don't start out with something like this and then you, you fail immediately and then you give up.

So if I can keep my goals really realistic of what I think I can do. And 3000 steps, minimum is a pretty, you know, that's a reasonable goal for me. I can slowly work my way back up to something that's more. Now the other thing I'd really like to do, and this is really related to kind of the soreness that I'm feeling in my body is I need to do more stretching and, and, or yoga on a regular basis.

Now I think for me, what this looks like is, um, even doing like some desk yoga, because when I'm at work and I kind of get into the mode of like going from meeting to meeting, to meeting. I'm sitting at my desk for long periods of time. And right now I don't have a standing desk at work. So it's, it's something for me to kind of think about is what is kind of the long-term strategy.

I have to make sure that I'm standing and moving around more. But I would like to, at least in between meetings do like some shoulder rolls or something. That's really stretching out my neck, my shoulders and my back. Um, and maybe even doing, um, some seated, there's like a seated pigeon pose that you can do that kind of stretches out your hips as well.

And I think I need to be doing those kinds of middle. Uh, movement practices more throughout the day. Um, it may also be that when I'm getting up to go like refill tea or run to the restroom or something, I could also do like some squats or lunges or something like that, just to kind of get my blood pumping and get my heart beat up a little bit so that I'm just like fitting that into my day in a way that's very.

Um, minimal. I mean, that's kind of my goal here for more movement in March, because I'm starting from such a, a kind of minimal point where, you know, I was doing so little movement in February. It's not going to be hard to do more in March, but I want to think about what are the ways that I can do it that are kind of small, that are easy to fit into my day.

And really the purpose is to help me to feel kind of less sore at the end of the day and more energized. And to make sure that I'm just doing some kind of healthy practices that get my heart rate up at least a few times a week and helped me to feel like I am not just sitting at my desk. And that's like, all I'm doing all day every day, all week long.

So I wanted to share out this, uh, set of ideas and practices. For anyone who is also thinking about getting back into a habit or routine in the month of March. Um, I also love that March is a little bit longer of a month. I felt like February, in some ways it gets so contained and it like speeds by because it's just not very long.

And I liked the idea of having a few extra days basically in March to make this happen, um, and to allow myself kind of the time and the margin to figure out what fits into my life right now, given the busy-ness of base schedule. And, um, the fact that I just have a lot of meetings throughout the day, and that doesn't seem to be going away anytime soon.

And so how do I build in these little practices in ways that are really just going to keep me kind of limber, um, and uh, feeling a little bit more relaxed. So I would love to hear if you're taking on any kind of routine or habit shift in the month of March, you can always email me at hello at Dr. Katie linder.com.

I always love to hear how you're kind of fitting in these different strategies into your own lives and work. Thanks for that.

Thanks for listening to this episode of you've got this show notes and a transcript for this episode can be found at Dr. Katie linder.com/podcast. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes. Thanks for listening.